

## **Nisqually Junior Football League 2011**

### **1) Roster :**

- a) Team Roster – All teams must submit a team roster before the start of the Jamboree.
  - i) Team Roster will include the following:
    - (1) Name
    - (2) Birthday
    - (3) Weight
    - (4) Grade
    - (5) Jersey Number
- b) There will be no roster changes as of the start of the 4<sup>th</sup> game.
  - i) There will be a roster check at the beginning of the 4<sup>th</sup> game and all games after.
    - (1) 1<sup>st</sup> offense of roster infraction – If an ineligible player has played in a game, the offending team will forfeit the game.
    - (2) 2<sup>nd</sup> offense of roster infraction – The Coach of the offending team will be suspended for the rest of the season. The team will be ineligible for playoffs and tournaments.
- c) Each team’s representative will need to be present during team weigh-ins, which will take place during the first NJFL sanctioned event. Weigh-ins will be administered by a League Officer and a “Non-Partisan” witness.
- d) Each team will be provided with a copy of the other team’s rosters, weights, and jersey numbers at the 1st game and after the 4th game.
- e) A copy of the athlete’s birth certificate is required to be turned in and on file with the League.

### **2) Physicals:**

- a) Physicals are NOT mandatory, but highly recommended.
- b) Physicals can be turned in along with the official team roster.

### **3) Waivers:**

- a) Waivers are to be completed and are REQUIRED.
- b) Team waivers are NOT required, but can be and should be used.
- c) League waivers are required for insurance.
- d) Waivers must be submitted before the start of the season.

#### **4) Insurance:**

- a) Insurance is required and provided by the League.
- b) Insurance is part of the League Fees, unless the team provides their own.
  - i) If a team provides their own insurance, a copy of the insurance certificate must be on file with the League.

#### **5) League Fees:**

- a) Fees are \$
- b) League Fee deposit is to be paid by July 1<sup>st</sup> or the 1<sup>st</sup> sanctioned event, with the final payment due by the start of the 2<sup>nd</sup> game.
- c) Teams can pre-register prior to above date. In order to pre-register, the head coach must contact the League Commissioner.
- d) Fees consist of:
  - i) Game Location
  - ii) Jamboree (will re-visit, this may be a tournament instead)
  - iii) Insurance
  - iv) Sanitation Cans
  - v) Referees (will re-visit, looking for other options besides LA)
  - vi) Score Boards
  - vii) Lining the Woodbrook fields
  - viii) Website
  - ix) Trophies for Championship Teams

#### **6) Injuries:**

- a) All teams are required to provide a first aid kit as well as ice/cold packs prior to the start of every game.
- b) The League is NOT responsible for supplying a first aid kit.
- c) In case of severe injuries (i.e. lack of feeling in extremities, tingling in spinal column, etc) 911 will be called. All injuries will be assessed by the coaching staff.

#### **7) Games:**

- a) All games will be held at a location sanctioned by the commissioner and the board of directors prior to games.
  - i) Those games that are played at a secondary site must be approved with a minimum of 2 weeks prior to contest date.
- b) Sanitation Cans will be provided by the League at the primary site. This is part of the League Fees.
- c) Jamboree will be held at the Harry Lang Stadium and League Championship/Awards Ceremony will be held at the Orting Turf field. **TBD at the Scheduling Meeting**

- d) All coaches who are authorized to be on the sidelines MUST be able to be identified.
- e) ONLY water is permitted on the sidelines of ALL fields.

## 8) Rules:

### a) Roster Rules:

- i) Rosters are limited to a maximum of 40. If a team exceeds that they must break into 2 competitive teams.
- ii) All players must be weighed in prior to being added to any roster and being permitted for play.
  - (1) If they have not weighed in, they cannot play in the game.
- iii) Weigh in MUST be witnessed by League Officer and Non-Partisan witness.
- iv) The beginning of the 4<sup>th</sup> game of the 2011 season is the last time any roster can be changed.

### b) Weight Limits:

- i) 3<sup>rd</sup>/4<sup>th</sup> grade teams: 120lbs weight limit for skilled position.
- ii) 5<sup>th</sup>/6<sup>th</sup> grade teams: 175lbs weight limit for skilled position.
- iii) Weight Limit is: the weight **listed** with ALL actual playing equipment on.

### c) Practice:

- i) Practice start date is July 15, 2011.
- ii) A player MUST complete 3 non contact and 2 contact practices to be eligible for competition.

### d) Skilled Positions:

- i) Any player who is not in a 3 point stance.
- ii) Any player who is not on the Line of Scrimmage.
- iii) Any player who is a kicker or punter.
- iv) Only skilled position under the listed weight can carry the ball.
  - (1) Fumbles and Interceptions can be recovered, received, and returned by any player.
  - (2) There can be NO designed or simulated fumble plays (i.e. Fumblerooski) to get the ball in the hands of a player beyond the skilled position weight limit.
- v) All *offensive* linemen must be in a 3 or 4 point stance.
- vi) All *defensive* linemen must be in a 3 or 4 point stance.
  - (1) If a defensive end is over the skill position weight limit they must start in a 3 point stance. If they are under the weight limit they are permitted to use a 2 point stance.
- vii) Kick off and Kick off returns (*Special Teams*) cannot have players over the skilled position weight limit.

- (1) A Punt must be declared. A dropped snap is a live ball.
- viii) If the kicking team does not have enough players at or under the sanctioned weight limit then the team is subject to the following:
- (1) Game ball spotted on own 40 (-40) yard line. Similar to if the ball is kicked out of bounds.
- ix) If the receiving team does not have enough players at or under the sanctioned weight limit then the team is subject to the following:
- (1) Game ball spotted on own 40 (-40) yard line. Similar to if the ball is kicked out of bounds.
- e) **Age Limits:**
- i) MUST be 3<sup>rd</sup> or 4<sup>th</sup> grade.
- ii) MUST be 5<sup>th</sup> or 6<sup>th</sup> grade.
- iii) Suitable proof requirement is a Birth Certificate and a progress report from the child's school.
- iv) Birth Certificates are MANDATORY to be eligible for play.
- v) Proof of grade in school, signed by the teacher, is required to be eligible for play.
- f) **Jamboree:**
- i) During the Jamboree there will be a total of 16 plays. 8 Offensive plays and 8 Defensive plays. **Was to be re-visited at the next meeting.**
- g) **Games:**
- i) Each game will consist of four (4) 9 minute quarters with stoppages in play.
- ii) Clock will **start** and **stop** on the snap during the following situations: *Time Outs, Out of Bounds, and Incomplete Passes.*
- iii) Clock will **stop** and **start** on the ready during the following situations: *Penalties, First Downs, and Change of Possession.*
- iv) There will be a 2 minute warning by the officials in the 2<sup>nd</sup> and 4<sup>th</sup> quarters, no clock stop.
- v) 5<sup>th</sup> quarters will be allowed and approved only if agreed upon by both teams during the scheduling at the beginning of the year and approved by the Board of Directors.
- vi) Overtime will fall under Kansas Tie Breaker Rules:
- (1) Coin flip for possession that the visiting team calls at the captain meeting.
- (2) Offensive team starts at the +10 yard line, Regular football rules apply.
- (3) After 1<sup>st</sup> overtime period, if game is still tied, ball is moved to the +10 yard line.
- (4) If the game is tied after 2<sup>nd</sup> overtime possession then the ball is moved to the 3 yard line with 1 play for both teams that equals 2 points and this will go back and forth until the game is decided. Regular football rules still apply.
- (5) No Game will end in a Tie.

h) **Season Standings:**

- i) League standings and scores will be kept by the League Secretary and will be reviewed weekly via email by the Board of Directors.
- ii) Overall League Standings decide playoff seeding.
  - (1) If a tie in the overall standings occurs, head to head match up breaks the tie.
  - (2) If the tie is still not broken from head to head record, then the head to head scores come into account with point margin.
  - (3) If it is still a tie, then a coin flip by the League Commissioner, with both head coaches and available board of directors in attendance.
  - (4) Coin flip must happen with a minimum of 48 hours prior to kickoff.

9) **In Game Rules:**

- a) Rules for in game are based upon the *National Federation of State High School Associations (NFHS)* football rulebook.
- b) As a League, we are in compliance to the *Washington Interscholastic Activities Association. (WIAA)*
- c) If a rule needs to be changed or there is conflict about either NFHS or WIAA rule, then it needs to be presented prior to the season starting in a meeting with the League Commissioner and the Board of Directors present.
- d) In the 3<sup>rd</sup> and 4<sup>th</sup> grade level, When blitzing the A gap, the defensive player must line up outside the A gap no closer than his toes even with the down defensive lineman's heels. If the defensive player lines up within that point a 5 yard penalty can be assessed.